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Bulletin

OF THE

NATIONAL TUBERCULOSIS ASSOCIATION

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Summer Courses in Health Education

COLUMBIA—*July 7-August 15*

Columbia University offers three courses in school health supervision—the first on Medical Inspection, by Dr. Haven Emerson, the second on Mental Hygiene, by Dr. Lambert, and the third on Physical Education, by Professor J. F. Williams.

In the School of Practical Arts of the University a wide variety of courses in hygiene and health education are offered. These include—Home and Community Hygiene, Nutrition and Health, Health Care of Children, Personal Hygiene, Administration of Health Work in Schools, Organization and Supervision of Health Education, Teaching of Health Education in Elementary Schools, Teaching of Health in Secondary Schools and Colleges, and Research in Child Health.

In addition there are several courses for teachers of physically handicapped children and of special classes. These are: Methods of teaching lip-reading to deafened children; Sight saving classes; Methods of teaching in fresh-air classes; Health education in continuation schools. Unless a satisfactory number of applications for each of these courses is received by Professor H. G. Rowell before registration begins, they will be withdrawn.

NEW YORK UNIVERSITY

July 7-August 15

A number of courses in Physical Education and Health will be offered at the Summer School at Washington Square, New York City. These include: Child Hygiene, Principles of Teaching in Physical Education and Health, and the Physical Examination. Courses in Physical Education will also be given at the camp which is located on Lake Sebago in the Palisades Interstate Park, New York. The enrolment for these camp courses is limited to 150, and all are credited in the School of Education.

UNIVERSITY OF MICHIGAN

June 30-August 8

The regular summer session courses at the University of Michigan, Ann Arbor, will include courses on the following subjects: Tuberculosis, child hygiene, general hygiene, vital statistics, methods and materials in health education, public health law and administration, school health problems, nutrition, principles of public health nursing, administration of organization in public health nursing, industrial hygiene, mental hygiene of the adolescence, epidemiology.

Week End Institutes — Special week-end public health institutes will be held in connection with the summer session and will give to those who are unable to attend the regular summer session an opportunity to hear speakers of nation-wide reputation in public health. There will be six week-end sessions with twelve class periods, each from June 27 through August 9, excluding the July 4 week-end.

Write to the Department of Hygiene and Public Health at the University for further information regarding the summer courses and the week-end institutes.

MASSACHUSETTS INSTITUTE OF TECHNOLOGY—*July 7-August 15*

The courses in health education to be conducted this summer at Massachusetts Institute of Technology, Cambridge, Mass., from July 7 to August 15 were announced in the April BULLETIN. For further information regarding them address the Committee on Summer Session, Massachusetts Institute of Technology, Cambridge.

UNIVERSITY OF WASHINGTON
SEATTLE

Seal Exhibit

There has been prepared for the Memphis meeting an exhibit showing the development of the Christmas seal from the time the artist's first rough sketches are submitted to the final packing of the seals for shipment. The display shows the various stages of the lithographing process and is arranged on a series of five panels progressively. This exhibit is suitable for use at state or other meetings and should be a means of acquainting seal sale workers and the public in general with the great amount of detail that enters into putting the Christmas seal on the market. Requests for the loan of this exhibit will be honored in the order in which they are received. No charge is contemplated beyond transportation expense.

Trudeau School

The Trudeau School of Tuberculosis at Saranac Lake will hold its sixteenth session for six weeks from May 12 to June 21 at Saranac Lake. State and county Tuberculosis Associations may be interested in sending doctors from their communities for this excellent specialization course. The X-ray laboratories of Trudeau and other sanatoria are available and there is personal and group instruction in the pathology, diagnosis and treatment of all forms of tuberculosis, including all surgical procedures. Well known authorities will lecture. For further information write to Secretary, Trudeau School of Tuberculosis.

Mississippi Valley Conference

The annual meeting of the Mississippy Valley Conference on Tuberculosis will be held in Rockford, Illinois, October 14, 15 and 16. Headquarters for the meeting will be at Hotel Faust.

Bulletin

Published Monthly by the

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PHILIP P. JACOBS - *Managing Editor*
ELIZABETH COLE - *Executive Editor*

Entered as second-class matter, October 21, 1914, at the Post Office at New York, N. Y., under the Act of August 24, 1912.

The Journal of the Outdoor Life Appeals

Readers of the BULLETIN can be of great service to the tuberculosis campaign in their particular communities by giving consideration to ways of extending the circulation and use of the *Journal of the Outdoor Life*.

Increasing testimony is coming in from tuberculosis patients, sanatorium directors, and others who are dealing with the treatment of tuberculosis that the *Journal of the Outdoor Life* is becoming more and more valuable and necessary. As a means of giving to the intelligent patient a conception of the reasons for his cure and as a morale builder in bringing to him the inspiration of hundreds of others who are doing what he is doing, the *Journal of the Outdoor Life* stands in a class by itself.

The editorial policy of the magazine deliberately planned by the editorial staff itself interested in the publication is to make the *Journal of the Outdoor Life* a magazine of the tuberculosis patient and for the tuberculosis patient as much as possible. This does not necessarily mean that no articles will appear in the magazine that are not specifically interesting to tuberculosis patients nor does it mean that articles by physicians dealing with various aspects of the treatment and prevention of tuberculosis will be excluded. On the contrary it is the belief of the editorial staff that when a patient is fighting tuberculosis within his own body, he ought to have and usually does have a world-wide interest in what is going on elsewhere in the treatment and prevention of this disease.

Dr. Esmond R. Long, the editor in chief of the *Journal of the Outdoor Life*, is desirous of bringing to the Journal the best available scientific articles dealing with various phases of tuberculosis. His own articles on tuberculin appearing in the April and May Journals give a fine example of the kind of material that is desired.

It is assumed that readers of the BULLETIN are naturally friends of the *Journal of the Outdoor Life*. As friends readers of the BULLETIN can help the magazine in certain very definite ways such as the following:

1. By loaning your own copies of the *Journal of the Outdoor Life* to tuberculosis patients and by helping sanatoria and individual patients to gain access to copies. This may mean the securing of subscription or soliciting of funds. Ten dollars spent in this manner is money well spent.

2. By contributing to the Journal both in articles and in money. The Journal will welcome articles of interest within its sphere, particularly in prose. Additional sums of money can be used by the editor to excellent advantage for two primary purposes. First, to furnish subscriptions to tuberculosis patients who cannot afford to subscribe to the magazine and who are constantly appealing for it. Secondly, by helping to defray the extra expense of the Nature Study Department, reference to which is made elsewhere in this issue of the BULLETIN.

Many sanatoria and other places where patients are grouped together tell us that their copies of the Journal are read until there is nothing left of them. You can help greatly by putting the Journal at the disposal of those who need it most.

Mrs. Gaylord Resigns

Because of failing health Mrs. Ilsien Nathalie Gaylord, who established the Nature Study Department of the *Journal of the Outdoor Life* in March 1928, and who has been conducting it since that time, has been obliged to resign as editor.

Herself an invalid, bedridden for many years, Mrs. Gaylord has brought to the *Journal of the Outdoor Life* not only a rich fund of scientific knowledge, but also a sympathetic appreciation of the problems of the tuberculosis patient. This rare combination of scientific knowledge and personal insight has made the Department one of the most vital and interesting as well as one of the most highly prized departments of the Journal. Hundreds of tuberculosis patients have been given new interests through the Department. Scores of letters are received weekly showing not only a cursory, but a deep and intelligent interest in nature study. At the present time seventy-four readers of the *Journal of the Outdoor Life* are members of the Tb. Nature Club. This involves extensive study of a series of special problems outlined by Mrs. Gaylord and the submission of answers to these questions. The work implies not only reading but observation. To many of these patients the nature work has proved of great help on their road to recovery, evidence of which has been received from the letters coming in to the office.

Dr. Bertha Chapman Cady, Director of the Coordinating Council of Nature Activities and herself a nature student of international reputation, has agreed temporarily to conduct the Department.

Readers of the BULLETIN who are interested in tuberculosis patients and who are interested in nature study are urged to contribute to the Journal's fund for this Department. The sum of $500 during the coming year can be used to excellent advantage in stimulating this department.

Helpful Books

Physiology and Health by Professor C. E. Turner, and *Home Nursing and Child Care* by Turner, Morgan, and Collins complete the Malden Health Series, published by D. C. Heath and Company. The former, designed for use in late junior high school or early senior high school, gives the essential facts of the structure, and functions of the human body. Project material, experiments, and demonstrations are included and the book is well illustrated. *Home Nursing and Child Care* is for girls in upper junior high and lower senior high school classes. This work is the first one in the field based on actual classroom experience, for since 1919 in the Malden School system, home nursing has been a compulsory part of the curriculum for all girls of the ninth grade. It gives in simple language instruction in administering food and medicine to patients, in caring for the sick room and for convalescents, in applying first aid and in checking communicable diseases. Several chapters are devoted to the care of infants and young children. Attractive illustrations increase the value of this excellent book.

ILLUSTRATION FROM THE FOUR-PAGE RECORD, "TEACHER'S INVENTORY OF HEALTH ASSETS," AN AID TO TEACHERS IN EVALUATING THE HEALTH CONDITION IN SCHOOLROOM AND COMMUNITY. RECENTLY PUBLISHED BY THE CHILD HEALTH EDUCATION SERVICE OF THE NATIONAL TUBERCULOSIS ASSOCIATION

Supply Service Notes

Rest and Sleep. The importance of rest and sleep in a program of healthful living is shown in "Rest and Sleep—Why We Need Them," a sixteen page pamphlet by Miss Nora Reynolds, formerly a staff member of the National Tuberculosis Association. There is so little material on this important subject that the pamphlet meets a great need. It is intended for use as supplementary material by high school students and can also be used to advantage by students in normal schools. A copy may be purchased from your state tuberculosis association for 5c.

The Teacher's Inventory of Health (See illustration above) is to be discussed at the meeting of the Child Health Education Conference in Memphis, May 10. Write to your state tuberculosis association for further information.

Wanted—Newspaper Clippings

Newspaper clippings of 1929 Christmas Seal publicity are needed to enable the National Association to issue a comprehensive Publicity Manual for the 1930 Christmas Seal compaign. Any tuberculosis association that has compiled a clipping book of such material is requested to loan it to us. Mr. Schaeffer, who is now engaged in writing the manual, promises that any material loaned will be returned before June.

Portland Institute

At Portland, Oregon, a regional institute will be given for health workers from June 23 to July 3 under the auspices of the National Tuberculosis Association and the Oregon Tuberculosis Association. Mrs. Sadie Orr-Dunbar will conduct this institute, which is one of a series of 1930 regional institutes.

Aids in White House Conference Studies

The National Tuberculosis Association has been requested by the White House Conference to aid in its work by conducting two studies.

The first is a study of the practices concerning the medical examination of children entering industry. A dozen cities in various states have been chosen and a careful analysis of the kind and results of these medical examinations will be made by members of the National Tuberculosis Association staff. For the medical part of the work the District of Columbia Tuberculosis Association has loaned the services of Dr. Viola R. Anderson, their Director of Child Health Education.

The second study is in regard to the need for preventorium care of children in the United States and the existing facilities for providing it. Special attention will be given to the analysis of the best examples of preventorium facilities in various cities. The field work for this latter study will be done by Mrs. E. R. Grant, a member of the Executive Committee of the District of Columbia Association.

The White House Conference was called last fall by President Hoover to study the welfare of children in all its phases. The group of about 500 men and women interested in child problems are at present making researches along all lines of child protection and will make their final reports to the President in the fall of 1930.

Meetings

The Southern States Regional Conference and Social Hygiene Institute will be held in New Orleans, May 23 to 27 under the auspices of the Louisiana State Board of Health and the New Orleans Council of Social Agencies.

The Fifteenth Annual Clinical Session of the American College of Physicians will be held at Baltimore, Maryland, March 23 to 27, 1931.

Going Like Hot Cakes

"From what I have heard in different parts of the country the spring campaign this year is arousing greater interest than any of previous years."

So said Dr. Henry D. Chadwick of Detroit. His observation is confirmed by the early, "pre-election returns" that have come through the office of the National Association. Reports have not yet been made—(at this writing the campaign is at its hottest)—but judging by the supplies purchased by state associations, by frantic demands for more supplies, more newspaper stories, more radio talks, the snowball started three years ago is growing into a landslide.

The medical profession is obviously responding with enthusiasm. When the manual "The Childhood Type of Tuberculosis" was first put on the press, it seemed to the Supply Service that, because of its general excellence, at least 10,000 copies would be demanded in spite of its relatively high price. But incoming orders quickly raised that figure to 20,000. Then a second run of 10,000 was printed and it was exhausted before the ink was dry. We are now in our third run bringing the total to 40,000—and still the demands come from associations, from medical schools and from physicians.

Dr. Jackson of Washington is still on his lecture tour of Southern Negro colleges and is everywhere making a deep impression. Clippings from medical journals and house organs, comments about the Metropolitan Life advertisement, photographs of the billboard are coming in daily. These are straw in the wind. Mr. Kierman, chairman of the Committee on Health Education of the Secretaries Conference, hopes to have ready a preliminary report to make at the annual meeting.

About People

In the Field

Dr. Iago Galdston, beginning April 1, assumed the secretaryship of the Medical Information Bureau of the New York Academy of Medicine. He is continuing his connection with the New York Tuberculosis and Health Association as consultant in health education.

Miss Elizabeth G. Fox has resigned as national director of the Public Health Nursing Service of the American Red Cross to become the executive secretary of the Visiting Nurse Association of New Haven, Connecticut, and will be on the faculty of the Yale School of Nursing.

Those who are planning to attend the meeting of the International Union against Tuberculosis in Oslo, August 14, 15, and 16 are as follows: Dr. and Mrs. W. H. Park, Dr. Ernst Wolff, Dr. Ray Matson, Dr. Theobald Smith, Dr. Lloyd B. Dickey, Dr. Bela Schick, Dr. and Mrs. Willard Soper, Dr. B. S. Pollak, Dr. S. A. Petroff, Mr. and Mrs. Harvey Dee Brown, Dr. George H. Evans, Mr. John A. Kingsbury, Mr. F. D. Bell, Dr. Camille Kereszturi, Dr. Stephen J. Maher, Miss Aagot Hoyendahl, Miss Jennie Niemela, Dr. and Mrs. Emerson, Mr. and Mrs. Hopkins, and Mr. and Mrs. Jacobs from the National Association.

The Staff

Mr. Strawson is making a field trip through Arkansas, Oklahoma, Kansas, Colorado, Wyoming, Idaho, and Utah.

Miss Connelly is spending the month of April at Newburgh, New York, helping to develop a program of health work in the elementary schools of that city.

Mr. Jacobs plans to attend the international congress of health seals to be held in Paris, June 12 to 15. The congress is being called by the Comite International of France. One of the purposes of the congress will be to consider the organization of a permanent international bureau or depository for Christmas seals in Paris to disseminate information on health seals throughout the world. Mr. Jacobs will read a paper before the congress on "The Christmas Seal Sale Movement in the United States of America."

After-Care

"The weakest link in the chain for the prevention and control of tuberculosis is after-care," according to Dr. Louis I. Dublin, of the Metropolitan Life Insurance Company.

By After-Care we mean any supervision given to ex-patients discharged from a tuberculosis institution. The whole problem of After-Care is probably the most difficult and the most expensive part of the anti-tuberculosis campaign.

Much has been said and written on the subject and opinions are as varied and numerous as the individuals who express them. There seems to be one point, however, on which there is fairly general agreement. This is that the supervision of the ex-sanatorium patient must be two-fold, medical and social. The social worker cannot advise the ex-patient about employment for example without the advice of the physician. The physician alone cannot give adequate advice because he is usually ignorant of the processes of industry. Only the closest cooperation between the social and medical agency will insure sound advice.

Before any consideration can be given to the question of the supervision of the ex-patient, three fundamental conditions must be fulfilled.

First: There should be some sort of arrangement either in the Sanitary Code or by gentlemen's agreement which provides for the reporting of discharged cases to the local department of health in the community to which the ex-patient returns.

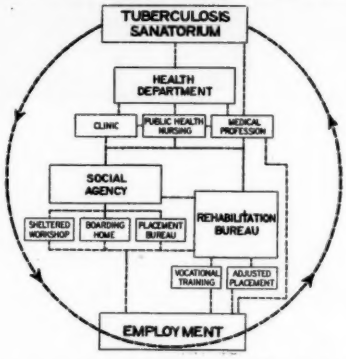
Second: These discharge notices should contain information about the stage of disease, condition on and reason for discharge, amount of work or exercise undertaken at the sanatorium and sputum report.

Third: These discharge notices should come through with no delay.

When these three conditions are fulfilled, it is up to the local community where the ex-patient returns to live to do something with this information. Whether it is the responsibility of the health department, social agency, the local tuberculosis association or the local nursing organization will depend on the community and should be worked out jointly.

The accompanying chart attempts to outline various supervised routes

Employment or Relapse



— — — — *Supervised routes leading back to employment*

— — — *Unsupervised route, which often leads to relapse*

from the sanatorium back to employment and to suggest what may happen if the community provides no organized supervision. This is not presented as a model set-up nor does it show all the possible combinations for supervision. It does not indicate who should undertake any of these activities. One thing, however, it is probably safe to say: the local tuberculosis association should see that some agency, or agencies, in the community set up medical and social supervision. The local tuberculosis association should see to it that as few individuals as possible take the unsupervised route —which usually means relapse.

New Pasteurizing Process

Dr. Andy Hall, the director of the Illinois State Department of Public Health has announced a new and simple process which has been worked up in the research laboratories at Springfield for pasteurizing milk in private homes. The equipment, which costs about $3.25, includes a thermos bottle, a stove pan, and a thermometer. The quart thermos bottle is heated by filling it with hot water. The milk is brought to a temperature of 145° F. in the two quart stove pan, emptied at once into the freshly heated bottle, covered with a rubber stopper, and allowed to stand one hour. Rapid cooling will make the milk keep sweet for several days.

Dr. Hall believes that the adoption of this home pasteurizing method will greatly help conditions in small towns and in rural communities where the pasteurization of milk cannot always be practiced.